

# Unit

4



## Depilation Services

We have already studied about hair discolouration technique, such as 'bleaching'. In this Unit, we will study about two techniques of removing unwanted hair. The two techniques that are commonly used to remove unwanted hair are waxing and threading.

### TYPES OF HAIR

A Beauty Therapist, providing treatment such as 'waxing' and 'threading', must understand the basic anatomy and physiology of hair. The different types of hair are as follows:

- Scalp hair
- Eyelashes
- Body hair
- Underarm and pubic hair

**Scalp hair:** It acts as heat insulator and protects the head.

**Eyelashes:** This is the hair present on the eyelashes. It prevents dust particles from entering the eye.

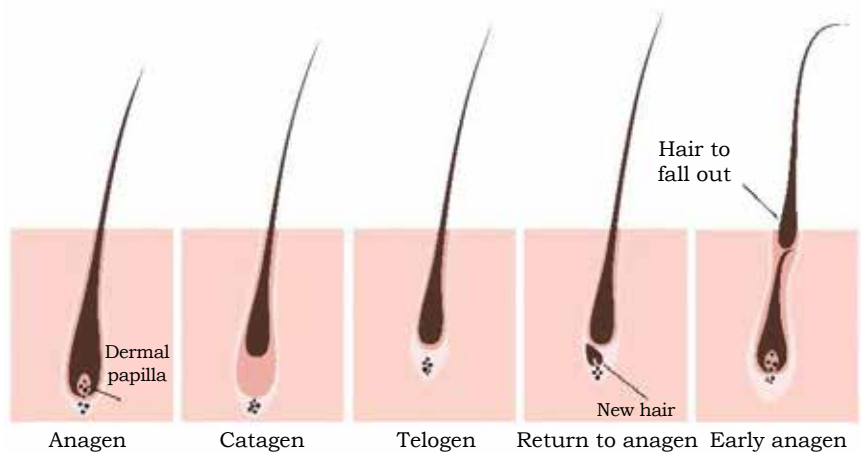
**Body hair:** Present all over the body, it acts as heat insulator.

**Underarm and pubic hair:** It provides cushion against friction caused by movement.

## HAIR GROWTH CYCLE

On an average, hair grows 1.25 cm ( $\frac{1}{2}$  inch) per month. It is estimated that we lose 80–100 hair per day on an average. A single strand of hair does not grow continuously throughout life. The stages of the life cycle of hair are as follows:

- Anagen
- Catagen
- Telogen
- Exogen



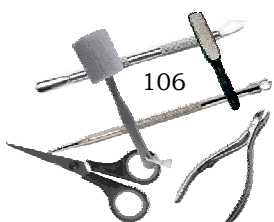
*Fig. 4.1: Hair growth cycle*

### Anagen

During this stage, the bulb regenerates, and then, produces a hair strand. This is the stage during which the hair follicle is active and the hair grows continuously. The stage lasts for 2–7 years. New hair in the early anagen stage grows faster than the old hair. The average growth being 1.25 cm per month.

### Catagen

The next stage of the hair growth cycle is called 'catagen'. This is the transitional phase, which lasts for 2–3 weeks. During this cycle, the hair follicle undergoes a phase of change and the hair does not grow. New cells are formed. Here, the follicles retract and start their upward migration.



## Telogen

This is the resulting phase, where the hair no longer grows but is attached to the follicle. This stage lasts for about 3–4 months. After about three months, there is hair fall when the hair is washed or combed. After this, the follicle can again start the anagen phase. Thus, each hair follicle produces a new strand and passes through 25–30 cycles of production in our entire lifetime. Approximately, 13 per cent of the follicles are in the telogen stage at a time.

## Exogen

After the resting period, follicles begin to grow. When the follicle reaches its full length, new hair starts growing.

## SESSION 1: WAXING

Waxing is a temporary hair removal technique, wherein warm or cold wax is used to remove hair from the desired area. The wax is applied directly to the skin and then pulled back. The unwanted hair is pulled out along with the wax. Most popular areas for waxing are eyebrows, upper lip, pubic area, back, arms, legs and underarms. However, any area on the body can be waxed.



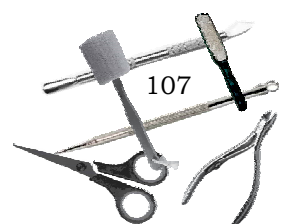
*Fig. 4.2: Waxing of the arm*

## Benefits

Waxing has several benefits compared to other hair removal techniques. It is an effective method to remove large amount of unwanted hair at one go. Hair growth in waxed areas does not happen for 2–8 weeks. When hair is shaved or removed using a depilatory cream, the hair is removed at the surface rather than the root, and within few days, the hair is visible on the surface. With these methods, hair tends to grow back in rough stubble form. Areas that are repeatedly waxed over long periods of time often exhibit re-growth that is softer.

## Drawback

Waxing, however, has several drawbacks. It can be painful when the strip is put on the area where wax





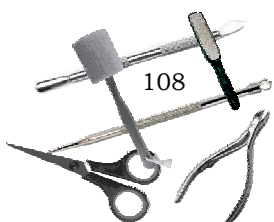
*Fig. 4.3: Common areas on human body having hair*

has been applied and pulled back. Though the pain is not lasting, it can be intense, particularly, in sensitive areas. Another drawback is the expenses involved. The cost of waxing, which is performed by a licensed aesthetician or beautician, can be high, depending on the area to be waxed and the number of sittings. Another drawback is that some people experience ingrown hair, red bumps and minor bleeding during waxing. This is likely to occur when areas having thick and dense hair are waxed, especially, the first few times when follicles are the hardest. While, usually, impossible to eliminate, ingrown hair can be reduced by regular exfoliating and applying an astringent or a solution of astringent and oil.

### **Working area preparation**

Working area preparation plays a vital role in any treatment. A Beauty Therapist is required to set the treatment area as per organisational standards. This will help in providing effective service. These guidelines must be adhered to while preparing the working area.

- Cover the couch with a disposable sheet or paper to avoid spillage on the couch.
- To dispose of general and waxing waste, use two separate bins with inner lining.



- Place the bins behind or under the couch.
- Select suitable heating unit as per the type of wax selected.
- Make sure that an antiseptic is available.
- Wear disposable gloves to prevent infections.
- Use only recommended applicator or disposable wooden spatula.
- Place cotton wool, tissues and jewellery bowl for the client.
- Sterilise scissors, tweezers and other equipment that are to be used in the procedure.
- Ensure availability of aftercare leaflets that need to be given to the client.

## **Preparing the client**

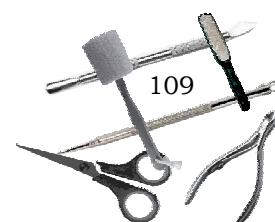
Follow these procedures while preparing the client for waxing procedure.

- Provide a thorough consultation, explaining the procedure, aftercare precautions to be taken and the time required for the procedure.
- Ensure that the consultation and service are provided in a private room.
- Make the client feel comfortable.
- Encourage the client to ask questions without hesitation.
- Before starting the procedure, position the client comfortably, depending on the area to be waxed. Take into account the person's mobility, comfort and privacy.
- Protect the client's clothes with towels and disposable sheet or clothing.
- Remove all jewellery from the area to be waxed.

## **Contra-indications**

Before starting the treatment, we must make sure that the area where waxing has to be done is free from contra-indications. Some of the contra-indications are:

- Recent scar tissue
- Hypersensitive skin
- Cuts or abrasions
- Bruise in or around the area to be waxed
- Allergy to any product a therapist may be using (like rosin found in sticking plasters and wax)



## NOTES

- Blood diseases (HIV, hepatitis)
- Use of skin-thinning drugs
- Diabetes
- Poor blood circulation
- Inflamed or aggravated skin

### **Precautions to be taken before waxing**

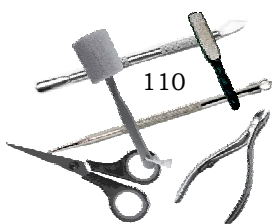
The Beauty Therapist must inform the client to take the following precautions before waxing at least two days prior to the procedure.

- Do not apply body lotion, baby or body oil on the area where waxing is to be done.
- Do not take bubble bath.
- Do not shave the hair of the area where waxing is to be done at least three days before the procedure.
- When waxing eyebrows, apply eye pads to protect the eyes and petroleum jelly to control the amount of hair being removed.

### **Material required**

The following tools, equipment and material are needed for waxing.

- Heating unit
- Wax
- Waxing strips — muslin and fibre
- Apron for the therapist
- Disposable gloves
- Plastic and paper sheet (to cover the couch and surrounding area)
- Disposable clothing or apron for the client
- Antiseptic lotion (to clean and remove oil from the client's skin)
- Purified, non-perfumed powder (to dry the skin and hair)
- Cotton wool (for applying products)
- Scissors (to cut long hair or strips)
- Tweezers (for removal of stray hair)
- Spatulas (to apply the wax)
- Tissues
- Soothing lotion
- Barrier cream
- Orange stick



- Two bins with liners
- Pillow
- After sugaring lotion
- Cleanser
- Towels
- Jewellery bowl

## Conducting skin sensitivity test

It is mandatory to conduct a skin sensitivity test before proceeding with the waxing. Obtain written permission from the client before starting the procedure. Follow these guidelines while conducting the skin sensitivity test.

- Analyse the skin condition by performing a skin sensitivity or patch test. The test must be performed on the forearm as it, generally, does not have hair and is dry.
- Perform the test at least 24 hours before the actual procedure.
- Record the observations on a client record card.
- Check if the temperature of the wax is apt by applying it on to the client's forearm.
- Observe for reactions on the client's skin after the wax is removed.
- Ask the client to inform about redness, swelling or irritation for the next 24–48 hours.
- In case there is a reaction, suggest that this treatment is not suitable for the client.

## Waxing procedure

Step 1: Make the client feel comfortable.

Step 2: Choose the most appropriate pre-wax application product.

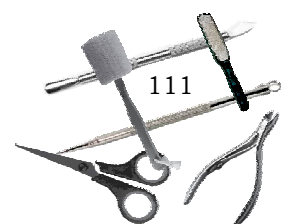
Step 3: Identify the area to be waxed.

Step 4: Heat wax in a heating unit until it melts.

Step 5: Dust the area with powder before applying the wax. Baby powder or corn starch will absorb body oils and moisture, allowing the wax to stick to the hair (not the skin), making the procedure less painful.

Step 6: Test the temperature of the wax by applying it on your wrist.

Step 7: Apply the warm wax on the skin with a small wooden spatula. Check the length of the hair that has to be removed. The length of the hair must be 1/8 to





1/4 inch (3 to 6 mm). If the hair is too short, then the wax will not be able to pull out the hair from the root. If the hair is too long, significant discomfort might be experienced by the client.

Step 8: Take a strip of cloth, place it on to the wax and press it gently in the direction of hair growth.

Step 9: Once the wax has cooled and slightly hardened, pull the wax strip in direction opposite to that of the hair growth. Hold or stretch the skin tightly while pulling the strip. Do this quickly. Do not pull it off at a 90° angle but at a shallower angle.

Step 10: Once the strip is removed, hand pressure can be applied to the area where waxing has been done to minimise discomfort.

Step 11: Remove stray hair with tweezers.

Step 12: Request the client to check the waxed area in a mirror.

Step 13: Apply after-wax lotion on the body part where waxing has been done.

Step 14: Brief aftercare advice to the client.

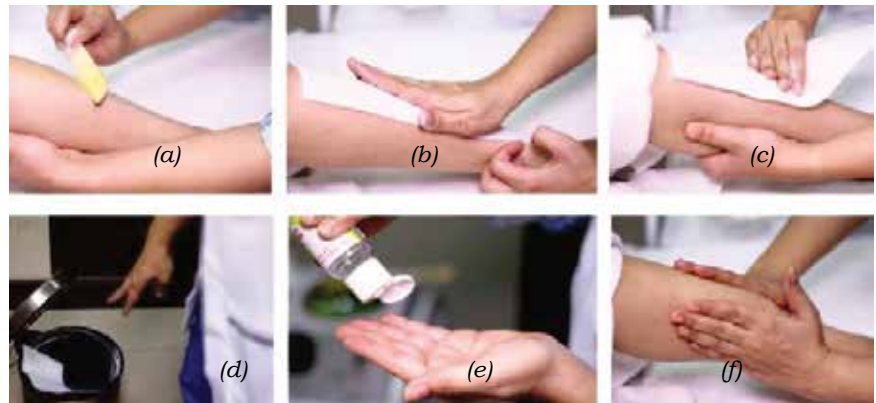


Fig. 4.4 (a-f): Waxing procedure



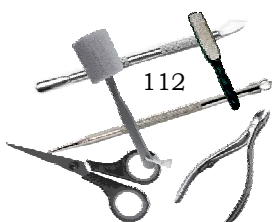
Fig. 4.5: Hot wax

## Types of waxing

There are two types of waxing — hot and cold.

### Hot waxing

This is the most common type of waxing offered by salons. It involves heating up of the wax and applying it on the body part where the unwanted hair is to be waxed. The wax sets on the skin. In this method, either a strip of paper or cloth is gently put over the





wax and is pulled off in the direction opposite to the hair growth pattern, removing the hair. In other cases, a strip of paper or cloth is not put on the wax and it is pulled off from the skin after it cools off and solidifies.

### ***Types of hot waxing***

#### *Soft waxing*

It is also known as ‘strip waxing’ and includes spreading a thin layer of hot wax on to the skin. A strip of paper or cloth is put on the wax and pulled off in the direction opposite to the hair growth pattern, taking the hair along with it. It is mostly used on larger areas like arms and legs.

#### *Hard waxing*

It is used in smaller and sensitive areas like upper lip, underarms and pubic area. In this method, warm wax is applied directly on the skin, and given some time to cool and solidify. It is, then, pulled in the direction opposite to that of hair growth, pulling out the unwanted hair. It does not harm the skin as this type of wax only binds to the hair and not to the skin.

#### *Fruit waxing*

It is similar to hard waxing and mostly recommended for sensitive skin. This type of wax is beneficial for the skin as it is rich in anti-oxidants and vitamins because of fruit ingredients present in it, such as berries, plum, etc. It is gentle on the skin, and hence, costlier.

#### *Chocolate waxing*

It is rich in antioxidants due to the presence of chocolate in it. It also nourishes the skin as it contains glycerin, and oils like almonds, soya bean, etc. It does not lead to inflammation or redness and is gentle on the skin. It is costlier.

#### *Sugar waxing*

It is a mixture of sugar, lemon and hot water. It pulls the hair in the same way as other types



*Fig. 4.6: Strip or soft waxing*



*Fig. 4.7: Using hard wax on the upper lip*



*Fig. 4.8: Chocolate waxing of the leg*



*Fig. 4.9: Sugar waxing of the leg*

of wax but is made up of natural ingredients. It only sticks to the hair and not to the skin, and hence, can be used multiple times without causing any redness or injury.

### Cold waxing

Cold waxing is similar to hot waxing, except that it comes in the form of readymade wax strips. Cold wax does not require heating. The strips are rubbed between the palms and the wax is warmed by the body temperature. The two strips are pulled apart and applied on to the skin. Then, the strip is pulled off, removing the hair. It is not as messy as hot wax.



Fig. 4.10: Cold waxing

### Facial waxing

This procedure makes the face smooth and free of hair. It is a convenient and easy method, which removes hair from the roots. The new hair takes 2–3 weeks to grow. However, care must be taken as facial waxing may sometimes lead to infections and blemishes.

### Benefits

- It is beneficial for people with prominent facial hair as bleaching gives a golden look to the face.
- Shaving leads to the growth of stubble, which is hard. Besides, the hair growth is faster in shaving, whereas, waxing removes the hair from the root and the new growth is smooth.
- The hairless effect lasts for two or more weeks, depending on the hair growth pattern of a person.
- Waxing acts on hair follicles and leads to reduction in the growth of hair overtime.
- It is cheaper than laser treatment.
- It has an exfoliating effect as it removes dead skin cells along with the unwanted hair.
- It works on all skin types, and is equally effective on both fine and coarse hair.



(a)



(b)

Fig. 4.11 (a and b): Using cold wax strips to remove facial hair

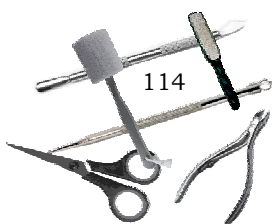




Fig. 4.12: Different methods of hair removal

## Drawbacks

- It is painful as it is done on the face, which has sensitive and delicate skin.
- It leads to redness as an immediate effect but it reduces after a short while.
- It can lead to ingrown hair if not done correctly.
- It can lead to infections, irritation, burns or allergic reactions, if done incorrectly.

## Limitations

- It can be done only over a suitable length of hair (at least 1 cm long).
- It cannot be done on moisturised skin.
- No oil or lotion must be applied on the face on the day of waxing.
- It must not be done over cuts, wound pimples or acnes.

## Alternative hair removal procedures

### Wet shaving

Razor blade is used to remove unwanted facial hair after lathering it with a shaving gel. It is a quick and safe hair removal technique and can be done daily. It is painless, inexpensive and has an exfoliating effect. It might lead to hard hair growth.



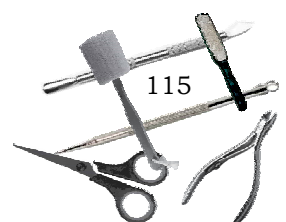
Fig. 4.13: Wet shaving

### Electric or dry shaving

It is done by using an electric razor, which is glided over the skin. It traps the unwanted hair, which are cut by a moving blade underneath the razor. It is less messy and can be done anywhere anytime. Electric razors are expensive and need regular charging.



Fig. 4.14: Electric or dry shaving





*Fig. 4.15: Depilatory cream*



*Fig. 4.16: Using an epilator for hair removal*



*Fig. 4.17: Laser procedure for hair reduction*



*Fig. 4.18: Tweezing for facial hair removal*

## Depilatory compounds

These are available in the form of cream, lotion, gel, foam, etc. They are to be applied for 3–10 minutes. They soften the hair at the surface of the skin. The hair is, then, removed with the help of a cloth or a plastic spatula. Depilation is followed by washing the skin with water. The new growth is round-edged and soft. It does not lead to any cut or scratches on the skin. However, some lotions have an unpleasant smell and may cause skin irritation or allergy.

## Epilator

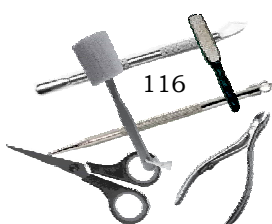
It is like an electric razor but does not cut the hair rather pulls them out of the follicles. It has a lasting effect and the new growth is finer. The hair removal process is time-consuming as an epilator cannot pull a large amount of hair at once. The hair must be a little longer so that an epilator is able to pull them out. It is expensive than other methods.

## Laser

The hair follicles are targeted by a laser that passes a pulsating light beam through the skin. Primarily, the pigment at the base of the follicle, i.e., 'melanin' gets targeted by intense heat from the laser and prevents hair growth. However, it is not a permanent solution and leads only to hair reduction. Also, there are risks of blistering, scarring or change in the skin colour. However, these are rare. Professional treatments can be painful but specialists may apply a topical anesthetic.

## Tweezing

Using tweezers does not require any professional training. It helps pull out the hair from the root. It can only be used in case of less or random hair growth. However, the procedure will be difficult and time-consuming in case of removing hair from an area having dense growth.





## Abrasive mitts

An abrasive mitt is coated with a rough or smooth surface that is used to buff away the hair but the skin must be dry. This method uses friction to remove facial hair. It is an inexpensive, fast and painless procedure. It has an exfoliating effect on the skin. But the procedure is required to be repeated every 2–3 days. It can cause irritation if too much pressure is applied.

## Intensive pulse light

It is a light therapy, wherein multiple wavelengths are used that scatter within the skin, targeting the pigment. This leads to destruction of the growing cells that make the hair. It is slightly different from laser, which uses only one specific wavelength. Intensive pulse light is cheaper and less effective as compared to laser.

## Electrolysis

It uses a fine needle to transmit mild current in the hair follicle to destroy it. It is the only method that can be called permanent. It is painful and may lead to red patches or small scars that, usually, heal. Usually, 4–6 sittings, spanning over months, are considered necessary for the procedure but it may be increased, depending on the amount of hair. It is a time-consuming and costly procedure, and must be performed only by a certified electrologist.

## Bikini wax

It refers to waxing of the pubic hair using hot or cold wax. It can be full or as per the client's preference. In simple bikini waxing, hair on the sides and top are waxed. In Brazilian waxing, the client can opt for a small patch shape. Both men and women go for this service. In case, hot



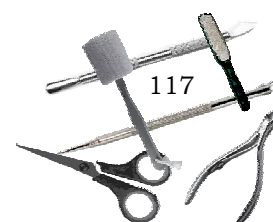
*Fig. 4.19: Abrasive mitts for facial hair removal*



*Fig. 4.20: Intensive pulse light for facial hair removal*



*Fig. 4.21: Electrolysis procedure for hair removal*



## NOTES

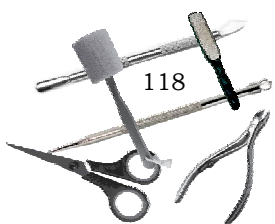
wax is used, a strip is put on the wax that is applied on the skin and is pulled off along with the hair in the direction opposite to the hair growth.

### Points to remember

- Before starting the treatment, talk about the procedure with the client. Some clients might be first-timers, so they may need extra care.
- Warn the client that the waxing must not be conducted during or around the monthly cycle as the skin is very sensitive in the week before and during periods.
- Ask the client for contra-indications or allergies, if any.
- Perform a patch test to check for the suitability of the wax on the client.
- Prepare the client for the procedure.
- Offer disposable or salon garments to the client in order to carry out the procedure.
- Ask the client to remove the undergarment.
- Ensure that the client is positioned correctly and comfortably.
- Select tools and material as per organisational standards, client preference and procedural requirements.
- Give clear instructions to the client on how and when to stretch the skin during the procedure.
- First, trim the long hair using a pair of scissors.
- Select and apply wax as per the client's hair growth pattern.
- Check the temperature of the wax as pubic skin is sensitive. The wax must not be too hot and just warm enough for easy application.
- After the service, ask the client for feedback.

### Procedure

- If it is a first-timer or someone getting the waxing done after a long gap, then trim the long hair first with the help of a pair of scissors.
- Conduct a patch test on the upper thigh to check for allergies or abrasions.
- Apply antiseptic cleaner and powder on the area prior to waxing.





- Work in sections. Start with the inner thighs.
- For hard waxing, apply a thick layer. Each smear must be about an inch wide and up to three inches long.
- The wax must always be applied in the direction of the hair growth.
- Let the wax sit for about 30 seconds to harden a bit.
- Pull the section off in the direction opposite to the hair growth. Stretch the skin beneath the section while pulling away to lessen the pain or ask the client to stretch it.
- Tweeze away stray hair.
- Apply a lotion to soothe the area.
- Provide aftercare advice to the client. Ask the client to avoid hard soaps to wash the area as it might lead to irritation or itching.

### Client record card

A Beauty Therapist is supposed to note down all details of the client as per the standard format in a client record card. Note down if the client has any contra-indication or is allergic to some product. Also, jot down the client's preference for products. The client's record card must contain complete information of the client.

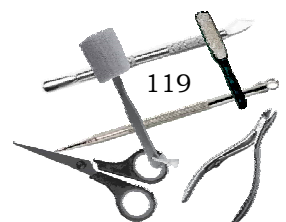


*Fig. 4.22 (a and b): Aftercare tweezing and moisturising*

### Aftercare advice

Provide these advice to the client after the procedure.

- Wash the hands, and then, apply an antiseptic cream or lotion on the treated skin for soothing it. Avoid touching the area with unclean hands.
- Avoid using deodorant, perfume or powder on the treated area.
- Avoid taking hot or bubble shower for at least 48 hours as it can cause irritation.



## NOTES

- Avoid going to the gym or doing any kind of workout or play an outdoor game for 48 hours as it can increase perspiration in the waxed area.
- Also, avoid exfoliating the area, swimming or sunbathing for at least 48 hours post-wax.
- Wear clean cotton clothes to avoid irritation.
- Avoid wearing tight fitting clothes as they can trap bacteria close to the skin and cause infections.

### Disposing of the waste

Waste resulting from the waxing procedure must be considered as 'contaminated'. Certain guidelines must be followed to dispose of the waste.

- Used wax strips must be dumped into bins.
- Dump all waste collected in small lined bins into larger lined clinical waste bins.
- Use industrial gloves to dispose of the clinical waste.

## Practical Exercise

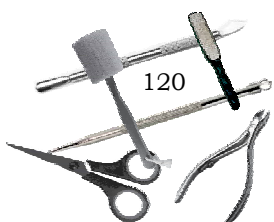
### Activity

Perform waxing of the arm.

Material required: heating unit, wax, disposable cloth or apron, cotton strips, tweezers, spatula, powder, cotton, antiseptic lotion, disposable gloves, waste bin, towel and jewellery bowl

### Procedure

- Make the client feel comfortable.
- Choose an appropriate pre-wax application product.
- Identify the area to be waxed.
- Heat wax in a wax heating unit until it melts.
- Test the temperature of the wax by applying a small portion on to your wrist.
- Dust the area to be waxed with powder before applying the wax. Baby powder or corn starch can also be used as they absorb body oil and moisture, allowing the wax to stick to the hair (not the skin), making the process less painful.
- Check the length of the hair that is to be removed. The hair must ideally be between 1/4 and 1/8 inch (3 and 6 mm) in length.
- Apply warm wax on to the skin with a wooden spatula.



- Gently press the strip on to the area where wax has been applied. Smoothen the wax strip in the direction of hair growth. Allow the wax to cool.
- Once the wax has cooled and slightly hardened, pull the wax strip in the direction opposite to that of the hair growth. While pulling the strip, hold the skin taut and pull the strip from underneath its edge. Do this quickly. Do not pull it off at a 90° angle but at a shallower angle.
- Once the strip has been removed, hand pressure must be given on the waxed area to minimise discomfort.

## Check Your Progress

### A. Fill in the Blanks

1. A single hair is referred to as a hair \_\_\_\_\_.
2. A hair consists of cuticle, \_\_\_\_\_ and medulla.
3. The most common treatment for removing body hair is \_\_\_\_\_.
4. To remove hair on large areas like arms and legs, \_\_\_\_\_ waxing is done.
5. A skin sensitivity test must be conducted \_\_\_\_\_ before waxing.

### B. State True or False

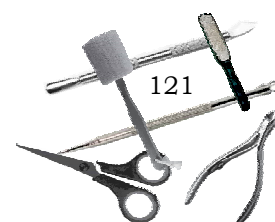
1. Telogen is the first stage of hair growth cycle.
2. Hair follicle undergoes a period of change in the catagen stage.
3. The rest period for hair follicles is called telogen.

### C. Subjective Questions

1. What do you understand by waxing? Describe its types.
2. List the different types of hair.
3. Name the stages of hair growth cycle.
4. List any five equipment required for waxing.
5. How will you conduct a skin sensitivity test?
6. State the precautions to be taken by the client before waxing.
7. What advice must be given to the client after waxing?

### D. Arrange the waxing sequence

S.No		Write the correct sequence
1.	Make the client feel comfortable.	
2.	Apply and remove the hair in small sections.	



- |    |   |  |
|----|---|--|
| 3. | Ensure that you have lifted the hair from the skin completely and they have stuck to the wax strip. |  |
| 4. | Test the temperature of the wax by applying it on your wrist.                                       |  |
| 5. | Choose most appropriate pre-wax application product.  |  |
| 6. | Identify the area to be waxed.  |  |
| 7. | Apply a thick coat of the wax on a small area with the help of a thick rim.                         |  |

## What have you learned?

**After completing this Session, are you able to:**

- identify equipment and products required for waxing.
- prepare the working area for waxing.
- conduct a skin sensitivity test.
- perform waxing.

## SESSION 2: THREADING

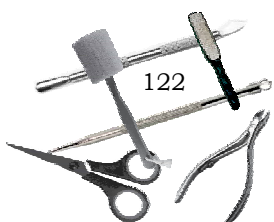
Threading is the most common method of removing facial hair. Threading of eyebrows, forehead and above the upper lip is the most common but it can be done on other areas of the face as well. Like other depilation procedures, threading can sometimes cause redness and rashes.

### Benefits

- Threading is suitable for smaller areas like forehead, eyebrows, above the upper lip, chin and other areas on the face.
- Threading is, generally, done to give shape to the eyebrows.
- It is less time-consuming than waxing.
- New hair growth after threading is finer as compared to the one after waxing
- It is suitable for almost all skin types.
- No chemical is used in threading.
- Hair growth is slow after threading.



*Fig. 4.23: Threading for shaping the eyebrows*



## Limitations

- The effect of threading lasts for 1–2 weeks so the procedure has to be done at frequent intervals.
- On sensitive skin, there can be redness or rashes.
- Avoid threading on areas with eruptions like pimples or acne.

## Material required

- Thread (24–30 inches long)
- Eyebrow brush (to brush the eyebrow hair)
- Scissors (for trimming the eyebrows)
- Tweezers (for finishing and pulling out stray hair)
- Cotton
- Powder

## Preparing the client

- Seat the client comfortably.
- Wash your hands and dry them with a clean towel.
- Slightly dust the area where threading is to be done with powder.

## Threading technique

A cotton thread of 0.3–0.5 mm width is required for threading. The length of the thread must be between 24 and 30 inches. A beginner is required to use shorter length of thread for practising. An expert can use a longer thread. Threading is mostly done on the forehead, eyebrows, upper lip, other areas on the face and chin.

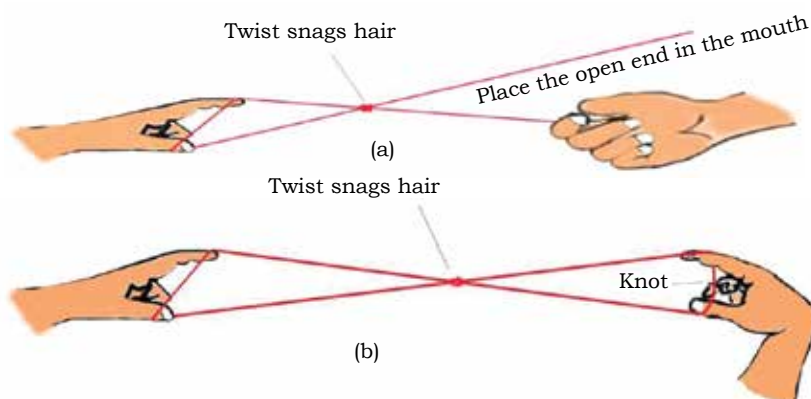
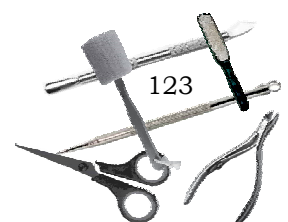


Fig. 4.24 (a and b): Method for holding the thread for carrying out threading



## Procedure of eyebrow threading

Step 1: Knot the ends of the thread together forming a loop.

Step 2: Place the forefinger, middle finger and thumbs through each end of the loop in a 'cat's cradle'.

Step 3: Twist the loop at one end approximately a dozen times.

Step 4: Coax the twist into the centre of the loop, making sure that the knot is at one end near the finger, so that it does not interfere with the twisting.

Step 5: To start threading, place the upper end of the twisted thread under the unwanted hair, so that they hang over it. Spread the lower finger to manipulate the twist in an upward direction, thus, entrapping and snagging the unwanted hair and plucking them out.

Step 6: Move the twisted thread towards the lower finger by spreading the upper finger and dropping some of the plucked hair.

Step 7: Now, focus on another area.

Step 8: The fingers of a Beauty Therapist must move quickly, at the rate of one movement every 1/4 seconds. As the twist becomes congested with hair, the rapid movement of the twisting is inhibited. So twist a new part of the loop or use a new thread.

Step 9: Once the service is complete, apply a soothing lotion or solution on the area where threading has been done. A zinc ointment or ice can also be applied to soothe the skin.



*Fig. 4.25: Threading of the upper lip*

## Procedure for upper lip threading

Step 1: Use cotton thread, which is about 2 feet long and 0.3–0.5 mm wide. Ensure that the thread is strong enough and does not snap easily.

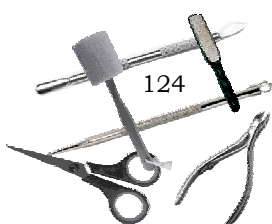
Step 2: Hold one end of the thread in the mouth and the other in the hand.

Step 3: Wind the thread at the centre around 10 times.

Step 4: To remove oiliness, apply talcum powder above the upper lip.

Step 5: Place the thread above the upper lip of the client.

Step 6: Ask the client to place the tongue under the upper lip in order to tighten the skin. With hand movement, shift the wound-up portion to the other side, ensuring





that it holds the hair while moving forward. The hair will be lifted from the root and plucked out as it moves back and forth.

Step 7: After threading above the upper lip is done, massage the area with a lotion or apply astringent.

## Eyebrow shapes according to face shapes

There are six basic face shapes. Some of the eyebrow shapes that suit each of the six face shapes are as follows.

### Oval face

This is considered as an ideal face shape because it appears to be proportionate. Every eyebrow shape suits this face shape. Mostly soft-angled eyebrow shape is created to accentuate the look.

### Round face

This face shape lacks angles. Hence, the eyebrow shape should, normally, be arched to divert the attention of people from the width of the face and make it appear longer. Rounded brows should, normally, be avoided.

### Square face

This face shape has angles. Hence, it must be softened with strong brows. The jawline can be balanced with a thick eyebrow, which has a sharp peak at the top of the brow making it angular.

### Long face

The goal is to make the face appear shorter. So, horizontal flat brows can accomplish this task and make the face look balanced.

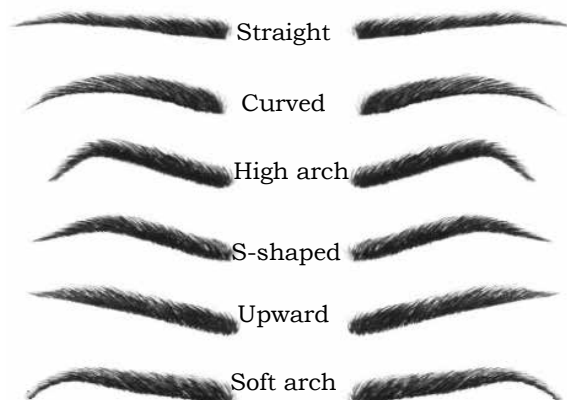


Fig. 4.26: Basic eyebrow shapes



Fig. 4.27: Oval-shaped face



Fig. 4.28: Round-shaped face

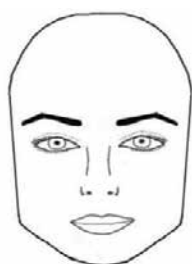


Fig. 4.29: Square-shaped face



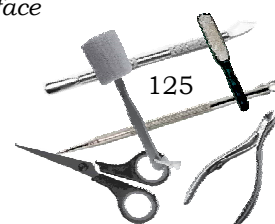
Fig. 4.30: Long-shaped face



Fig. 4.31: Heart-shaped face



Fig. 4.32: Diamond-shaped face



## Heart face

This shape is wider at the forehead and tapers at the cheeks followed by a pointed chin. To balance the forehead and the chin, round brows with softer peaks work the best, and accentuate the face shape.

## Diamond face

This face shape is angular, being the widest at the cheekbones and narrower at the forehead, as well as, the jaw line. Curved or round brows can make the face appear less angular. Centre arched eyebrows will make it appear less widened.

## Facial hair removal techniques for men

For long, hair removal and beauty treatments have been considered a thing for women. But nowadays, men are also opting for various beauty treatments. They go for facial waxing, shaping the eyebrows, removing uni-brow look, cleaning the area around their ears and back of the neck, etc. They also go for beard shaping, trimming, shaving, shaping of temple hair, etc. The

facial hair removal procedures listed for women are also available for men. Men also go for threading of the eyebrows, which is painful and time-consuming as compared to waxing, as men have coarse hair. Besides, hair growth in the eyebrows in men is more as compared to women. The latest trend is of using hard wax.

## Shaping the beard

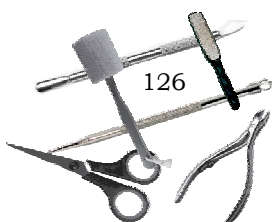
This is done by trimming excess or long hair and defining the edges of the beard. Electric razors, scissors or epilators can be used for trimming. To remove stray and random hair, threading or hard wax can be applied. This gives a longer hair-free look and tends the growth of finer hair.

## Nose hair removal

This is a difficult process, wherein a scissor or a razor is, normally, used. But waxing is a convenient and effective method for removing nose hair. Small



Fig. 4.33 (a and b): Shaping the beard





*Fig. 4.34: Nose hair removal*



*Fig. 4.35: Ear hair removal*

amount of wax is put at the opening of the nostril with the help of a stick. It allowed to cool and solidify, and then, pulled back taking along the nose hair.

### Ear hair removal

Hard wax is put on the ear and allowed to cool and solidify. It is then pulled back. It is difficult to remove ear hair with a razor or trimmer as the hair in this area is fine and there is no flat surface to shave. Wax can be applied on curves of the ear and pulled back to remove the hair. Threading can also be done if there is less hair.

## Practical Exercise

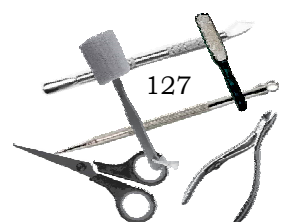
### Activity

Perform threading of the upper lip.

Material required: cotton thread, talcum powder, lotion or astringent, scissors, tweezers

### Procedure

- Use a 0.3–0.5 mm wide cotton thread about 2 feet long.
- Ensure that the thread is strong enough and does not snap easily.
- Hold one end of the thread in the mouth and the other in the hand.
- Wind the thread at the centre around 10 times.
- To remove oiliness, apply talcum powder on the upper lip.
- Place the thread on the upper lip of the client.
- Ask the client to place the tongue under the lip in order to tighten the skin on the lip.



## NOTES

- With the hand movement, shift the wound-up portion to the other side making sure that it holds the hair while moving forward. The hair will be lifted from the root and plucked out as it moves back and forth.
- After threading on the upper lip is done, massage the area with a lotion or apply astringent to avoid itching or irritation.

## Check Your Progress

### A. Fill in the Blanks

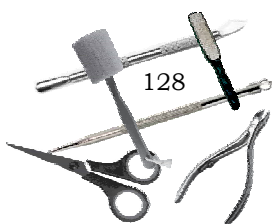
1. A \_\_\_\_\_ is required for threading.
2. A \_\_\_\_\_-shaped face lacks angles, hence, the eyebrow shape should be arched.
3. A \_\_\_\_\_-shaped shape is wider at the forehead and tapers at the cheeks followed by a pointed chin.
4. Electric razors and \_\_\_\_\_ can be used for trimming the beard.
5. A convenient and effective method for removing nose \_\_\_\_\_ is waxing.

### B. State True or False

1. Threading is the most common method of removing facial hair.
2. The length of the thread used for threading must be between 24 and 30 inches.
3. Polyester thread can be used for threading.
4. Diamond face tapers at the cheeks.

### C. Arrange the upper lip threading sequence

S. No.		Write the correct sequence
1.	Place the thread on the upper lip of the client.	
2.	Use a cotton thread, which is about 2 feet long.	
3.	Ensure that the thread is strong enough and does not snap easily.	
4.	After threading on the upper lip is done, massage the area with a lotion or apply astringent.	



5.	With your hand movement, shift the wound-up portion of the thread to the other side, making sure that it holds the hair while moving forward. The hair will be lifted from the root and plucked out as it moves back and forth.	
6.	Hold one end of thread in the mouth and the other in the hand.	
7.	Wind the thread at the centre around 10 times.	
8.	To remove oiliness, apply talcum powder or corn starch on the upper lip.	
9.	Ask the client to place the tongue under the upper lip in order to tighten the skin.	

## D. Subjective Questions

1. Describe the benefits of threading.
2. Write any three precautions that need to be taken while performing threading.

## What have you learned?

**After completing this Session, are you able to:**

- explain the necessity of threading.
- list the benefits of threading.
- perform threading of the eyebrows and upper lip.

